



Irving Recreation Center Camp Energy Newsletter

Summer 2011

Week 4 (June 20—24)

IMPORTANT REMINDERS:

- Our camp rules are “Be safe. Be respectful. Be responsible.”
- Pack a sack lunch for your child. Microwave use will not be an option.
- Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.
- Leave valuables at home (including money, portable video games, etc.)
- Label your sunscreen with your camper’s name.
- Do not hesitate to ask when you have questions or comments.



ENERGY THEME: CALORIES

Last week we learned how to use the Food Pyramid to find out what kinds of foods are best to eat. This week we’re going to learn about something else that food provides our bodies: calories. At Camp Energy we learn about how calories are not bad for us. Eating calories is like putting fuel in a car. Without enough fuel, the car won’t run. Fill the tank up, and the body has the right amount of energy to grow and be healthy. If we overfill our tanks with too many calories, it spills over and we have more calories than our bodies can burn through all the fun activities at camp!

THIS WEEK’S HIGHLIGHTS

Monday

Tennis lessons will part of our morning activity rotation. We’ll go swimming at Irvingdale Pool from 11:30-1:00. Don’t forget your swimming suit, towel, and sunscreen! Various other activities will take place during the afternoon.

Tuesday

Tennis lessons with Woods Tennis Center are scheduled again for this morning opposite an art activity. We will be doing active games in the afternoon.

Wednesday

Today we will be swimming from 11:30-1:00. Don’t forget your swimming suit, towel, and sunscreen! Theme activities and games in the afternoon.

Thursday

Today is our field trip day and we will be going to Memorial Stadium. **We will leave the rec. center at 12:15 and will not return until 3:30.** Please schedule your rides to and from camp accordingly!

Friday

We will be doing various activities throughout the day including Disc Golf and a creative art activity. In the late afternoon we will unwind from a busy week by watching a movie.

Fitness Focus: Muscular Strength

Every day at camp begins with an Energy Lesson that will be reinforced throughout the day’s activities.

EMAIL NEWS

Don’t miss a newsletter, and make sure to have other important weekly information delivered directly to your inbox! Update your email address with the rec. center office to make sure you stay current on all there is to know about Summer Day Camp at Irving Recreation Center.